

SPRING



DEPARTMENT OF PARK & RECREATION

SPRING SCHEDULE

Classes run March 17
through May 24.

Registration
begins March 6.

See recreation
classes inside!



Summer of Discovery is an exceptional program for children ages 6-12.

- Each week features a new theme.
- Program hours are Monday through Friday, 7am - 6pm

- Licensed by KDHE.
- Enrollment is \$75 per week
- Closed week of June 30 - July 4.

REGISTER AT
YOUR LOCAL
RECREATION
CENTER
BEGINNING APRIL 7
TEL 268-4361
WWW.WICHITA.GOV



Free Youth Programming

Grade School Night

This special night is filled with a variety of activities including gym games, table games, video games, arts & crafts, special events and more. All activities are organized and supervised. For children in Kindergarten through 5th grade only. (No pre-kindergartners please!)

*Note: Colvin's program is a family night held once a month.

| | | |
|-----------------|---|--------------|
| Aley/St Stanley | T | 6:00-8:00 pm |
| Boston | F | 6:30-8:30 pm |
| Colvin* | F | 6:30-8:00 pm |
| Edgemoor | F | 6:30-8:30 pm |
| Evergreen | F | 6:30-8:00 pm |
| Linwood | F | 6:30-8:30 pm |
| Lynette Woodard | F | 6:30-8:00 pm |
| McAdams | F | 6:00-8:00 pm |
| Osage | F | 6:30-9:00 pm |

Teen Night

Middle School and High School Students enjoy the opportunity for pick-up games of basketball in a supervised gym. Some locations have additional activities such as the game room. Contact individual centers for program details and guidelines.

*Note: Colvin's program is for middle school youth only.

| | | |
|-----------------|------|--------------|
| Aley/St Stanley | W | 6:00-8:00 pm |
| Boston | Th | 6:30-8:30 pm |
| Edgemoor | M | 6:00-9:00 pm |
| Evergreen | W | 6:30-8:00 pm |
| Linwood | M | 6:30-8:30 pm |
| Lynette Woodard | M-Th | 6:30-8:00 pm |
| McAdams | Th | 6:00-8:00 pm |
| Osage | M | 6:00-8:30 pm |

ALEY/STANLEY • 303-8002

ADULT (AGES 16+ UNLESS OTHERWISE NOTED)

Volleyball Intermediate (Coed)

Organized/competitive play. Players should be able to legally bump, set and spike the ball. Games are self-officiated.

39353 10wk M 6:00 pm-8:00 pm STAFF \$20

FAMILY (AGES 6+)

Family Games Galore

A family activity night including pool, ping-pong, bumper pool and a variety of board games.

39337 10wk F 6:30 pm-8:00 pm STAFF \$10

Tae Kwon Do - Adult/Youth

Learn this Korean martial art that teaches physical agility, mental discipline and self-control.

39351 10wk M/W 6:00 pm-7:30 pm STAFF \$42

BOSTON • 688-9301

ADULT (AGES 16+ UNLESS OTHERWISE NOTED)

Abs Only

A 25-minute strengthening segment concentrating on abdominals and lower back.

38674 9wk-3/25 Tu 7:35-8:00 pm B Doss \$8

38974 9wk-3/27 Th 7:35-8:00 pm B Doss \$8

Hatha Yoga

Learn basic stretching, breathing & relaxation techniques to improve health and posture. Personal floor mats encouraged.

38697 10wk W 6:00 pm-7:10 pm M Doll \$25

38698 10wk M 6:00 pm-7:10 pm M Doll \$25

Judo - Adv. (ages 8+)

Techniques allowing for further rank advancement in Judo.

Previous instruction required.

39651 10wk Th 7:10 pm-8:10 pm J Riedinger \$20

Line Dances

Learn the newest line dances being done to all types of music. Most are intermediate level difficulty. Dances include: Chill Factor, American Pop, Dance With Me, S.X.E. and others.

39652 10wk M 7:45 pm-8:45 pm L&S Schmidt \$28

Lunch-time Hoops

Play pick-up basketball on your lunch break. Fee is \$2 per visit. No program on 4/3/03.

38703 9wk-3/27 Th 11:30 am-1:00 pm STAFF \$2

Oil Painting

The class is open to all skill levels. Students work independently and one-on-one with the instructor.

38713 9wk-3/26 W 3:00 pm-5:00 pm C Lindstrom \$39

Stretch and Tone for 50+

Stretching, strengthening and toning for the 50+ population. No class on 4/3/03.

38718 9wk-3/25 Tu/Th 9:00 am-9:50 am S Anderson \$31

Swing & Salsa Dance

Learn the hottest Latin dances and West Coast Swing moves. Couples encouraged, but not necessary. Fee is per person.

39756 5wk-4/22 Tu 5:40 pm-6:40 pm H Reese \$14

Total Body Workout

A high-energy workout combining kickboxing, body sculpting, floor work, strength training and stretching.

38722 9wk-3/25 Tu/Th 6:35 pm-7:25 pm B Doss \$32

West Coast Swing Dance

Learn the 6 & 8 beat patterns that make up the basics of this popular contemporary dance style. A variety of music is used: country, rock and blues.

39010 4wk-3/25 Tu 5:40 pm-6:40 pm H Reese \$11

Yoga

Learn physical postures, controlled breathing and mental focus.

38723 10wk M 9:00 am-10:10 am N Farha \$25

38724 10wk F 9:00 am-10:10 am N Farha \$25

YOUTH (AGES VARY PER ACTIVITY)

American Red Cross Babysitter's Training

Topics include first aid, preventing injuries and illnesses, care for choking, basic childcare, rescue breathing, entertaining children and how to interact with parents. Ages 11-15. Additional \$25 fee payable to American Red Cross. Bring a sack lunch.

39599 1wk-3/29 Sat 9:00 am-3:00 pm Red Cross \$12.50

American Red Cross First Aid Training

Ages 8-12 will learn basic first aid skills and information about injury prevention and health. Additional \$15 fee payable to American Red Cross. Bring a sack lunch.

39600 1wk-3/29 Sat 9:00 am-4:00 pm Red Cross \$7.50

Basketball Clinic - Youth Beginner

Learn basketball fundamentals, rules and offensive/defensive strategies. Ages 6-10.

38679 4wk-3/27 Th 5:35 pm-6:20 pm S Smith \$12

38680 5wk-4/24 Th 5:35 pm-6:20 pm S Smith \$15

Bowling

Fundamentals taught and time allowed for practice. Classes held at Flight Lanes. Two separate checks required: \$10 fee to the Department of Park & Recreation & \$20 to Flight Lanes.

38978 10wk M 4:30 pm-5:30 pm Flight Lanes \$10

Hip Hop Dance

Youth ages 9-12 will learn hip hop moves & dance routines.

38992 9wk-3/27 Th 5:30 pm-6:30 pm B Doss \$25

Home Schoolers Play Time Bonanza

Ages 6-12 have the gym and game room for recreational activities. Parent must accompany child. Cost is per family.

38699 4wk-3/25 Tu 1:00 pm-3:00 pm STAFF \$8

38700 5wk-4/22 Tu 1:00 pm-3:00 pm STAFF \$10

Homeschool Middle School Social

Ages 11-14 can participate in gym & game room activities. Adult must accompany child. Cost is per family.

38995 7wk-4/10 Th 1:00 pm-3:00 pm STAFF \$14

Indoor Soccer

Youth ages 6-10 will learn basic skills & rules of indoor soccer.

38727 4wk-3/24 M 6:25 pm-7:10 pm S Smith \$12

38728 5wk-4/21 M 6:25 pm-7:10 pm S Smith \$15

Judo - Beginning (ages 8+)

Learn the fundamentals of judo including falling techniques, basic throws, blocks, grip escapes and an intro to competition.

38998 10wk Th 6:00 pm-7:00 pm J Riedinger \$20

Parent/Child Yoga

Learn techniques of physical postures, controlled breathing and mental focus. Fee includes parent & child (ages 6-15).

39003 9wk-3/25 Tu 5:30 pm-6:30 pm B Doss \$32

TOTS (AGES 4-5)

Bumper Bowling

Learn fundamental skills of bowling with supervised practice periods. Classes held at Flight Lanes. Two separate checks required: \$10 to Department of Park & Recreation & \$20 to Flight Lanes.

38979 10wk M 3:30 pm-4:20 pm Flight Lanes \$10

Pee Wee Basketball

Ages 4-5 learn fundamentals of dribbling, passing & shooting.

39004 4wk-3/27 Th 4:45 pm-5:30 pm S Smith \$12

39005 5wk-4/24 Th 4:45 pm-5:30 pm S Smith \$15

Pee Wee Indoor Soccer

Ages 4-5 will learn instruction in basic skills and team play through modified games.

38714 4wk-3/24 M 5:30 pm-6:15 pm S Smith \$12

38715 5wk-4/21 M 5:30 pm-6:15 pm S Smith \$15

COLVIN • 303-8023

ADULT (AGES 16+)

Overall Fitness

Anyone at any level can easily participate in this class, which incorporates walking, weights, aerobics and the use of exercise balls.

39114 10wk Tu/Th 6:15 pm-7:15 pm L Crabbs \$28

Ceramics

Ceramic molds of all kinds are available for each student to choose from or bring your own. Student provides own tools, instructor can advise. Walk-ins welcome at \$4.50 per class.

39117 9wk M 7:30 pm-9:00 pm D Earsery \$30

Floral Arranging & Interior Decorating

Learn floral arranging for all seasons and occasions along with decorating basics no matter what your skill, budget or style! Start with the basics and continue with new ideas to get you going on your own. Students select/purchase own supplies.

39120 9wk M 6:30 pm-7:30 pm D Earsery \$30

Money Mastery

The Money Mastery course helps you learn how to be debt-free in nine years or less (including your mortgage), save thousands of dollars in interest, convert debt into wealth, reduce your taxes

and maybe even find an extra \$200-\$300 per month in wasted money! Pre-enrollment required. No class fee; however \$20 materials fee payable the first night of class.

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| 39813 | 9wk | Th | 5:30 pm-6:30 pm | J Graham | \$0 |
|-------|-----|----|-----------------|----------|-----|

EDGEMOOR • 688-9392

ADULT (AGES 16+ UNLESS OTHERWISE NOTED)
Aerobics - Step & Tone
Cardiovascular conditioning and toning with the use of a step platform, handheld weights and exercise bands.

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|-------|------|---|-----------------|---------|------|
| 39498 | 10wk | M | 6:00 pm-7:00 pm | R Chism | \$18 |
| 39499 | 10wk | W | 6:00 pm-7:00 pm | R Chism | \$18 |

Ballroom Dance I
Learn basic ballroom steps including the Foxtrot, Waltz, swing, Rumba, Cha-Cha and Polka. Fee is per person.

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| 39507 | 8wk-4/3 | Th | 7:00 pm-8:00 pm | LA Schmidt | \$23 |
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Clogging - Beginning
Learn the basic footwork. Clogging shoes required.

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|-------|------|----|-----------------|----------|------|
| 39509 | 10wk | Th | 7:00 pm-8:00 pm | J Dawley | \$28 |
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Country Combo I
Learn basic moves for the Cha-Cha, Two-Step, triple-step & West Coast basics. Partner required. Fee is per couple.

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|-------|------|---|-----------------|---------|------|
| 39512 | 10wk | W | 7:00 pm-8:00 pm | T Smith | \$56 |
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Country Combo II
Continuing course to improve styles and techniques covering Cha Cha, Triple Step & Two Step. Also covers cleaning up partner connections. Fee is per couple.

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|-------|------|---|-----------------|---------|------|
| 39513 | 10wk | W | 8:00 pm-9:00 pm | T Smith | \$56 |
|-------|------|---|-----------------|---------|------|

Digital Camera Workshop
Learn the digital process, how to load images into a computer and print. Ages 13+.

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|-------|----------|---|-----------------|--------------|------|
| 39516 | 4wk-3/17 | M | 6:30 pm-8:30 pm | W Sircoulomb | \$24 |
| 39749 | 4wk-4/28 | M | 6:30 pm-8:30 pm | W Sircoulomb | \$24 |

Floral Arranging
Learn to design professional floral arrangements, hanging baskets, wreaths and more. Materials not provided.

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|-------|----------|---|-----------------|-------------|------|
| 39802 | 5wk-3/26 | W | 7:00 pm-8:30 pm | S Fairchild | \$23 |
| 39803 | 5wk-4/30 | W | 7:00 pm-8:30 pm | S Fairchild | \$23 |

Latin Dancing Basics
Introduces Latin dance styles including Salsa, Merengue, Mambo, Cha-Cha, Tango and Rumba.

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|-------|---------|----|-----------------|------------|------|
| 39534 | 8wk-4/3 | Th | 8:00 pm-9:00 pm | LA Schmidt | \$23 |
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Pilates
Designed to improve strength and flexibility using your “power-house.” Also increases body awareness, improves posture and body alignment.

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|-------|----------|----|-----------------|--------|------|
| 39804 | 9wk-3/25 | Tu | 5:45 pm-6:45 pm | P Dunn | \$16 |
| 39805 | 9wk-3/27 | Th | 5:45 pm-6:45 pm | P Dunn | \$16 |

Stretch and Tone for 50+
Stretching, strengthening and toning for the 50+ population

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|-------|------|----|------------------|--------|------|
| 39546 | 10wk | Tu | 9:15 am-10:15 am | J Hall | \$18 |
| 39547 | 10wk | Th | 9:15 am-10:15 am | J Hall | \$18 |

Swing Dance - Beginning
Learn basic swing moves, turns, spins, specialty footwork in West Coast Swing and Jitterbug patterns. Fee is per person.

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|-------|-----|----|-----------------|-----------|------|
| 39548 | 8wk | Tu | 7:15 pm-8:30 pm | W Stewart | \$28 |
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Swing Dance - Intermediate
Learn advanced swing dance techniques. Fee is per person.

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|-------|-----|---|-----------------|-----------|------|
| 39549 | 8wk | M | 7:15 pm-8:30 pm | W Stewart | \$28 |
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Tae Kwon Do - Beginning
Learn the martial art that teaches physical agility, mental discipline and self control. V-neck uniform required. Ages 6+.

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|-------|------|-------|-----------------|---------|------|
| 39550 | 10wk | Tu/Th | 6:15 pm-8:15 pm | T Boyle | \$28 |
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Tae Kwon Do - Intermediate
Green belts and above learn advanced techniques. Ages 6+.

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|-------|------|-------|-----------------|---------|------|
| 39551 | 10wk | Tu/Th | 7:15 pm-8:15 pm | T Boyle | \$28 |
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Tone ‘N Tighten
Strengthen major muscle groups using bands, weights & steps.

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|-------|------|---|-----------------|---------|------|
| 39553 | 10wk | W | 7:00 pm-8:00 pm | R Chism | \$18 |
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Yoga I
Learn physical postures, controlled breathing and mental focus. No class on 4/15 & 4/17.

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|-------|-----|----|-----------------|-----------|------|
| 39799 | 9wk | Tu | 7:00 pm-8:00 pm | L McGrory | \$16 |
| 39800 | 9wk | Th | 5:45 pm-6:45 pm | L McGrory | \$16 |

Yoga II
Emphasizes the further development of stamina, strength & energy flow. A broader selection of poses will be introduced. Students should have completed two sessions of Yoga I. No Class on 4/15.

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|-------|-----|----|-----------------|-----------|------|
| 39801 | 9wk | Tu | 8:15 pm-9:15 pm | L McGrory | \$16 |
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YOUTH (AGES VARY PER ACTIVITY)
Ballet, Tap & Jazz for Youth
Introductory ballet positions/steps and basic tap steps that incorporate jazz movements. Ages 6-10.

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|-------|----------|----|-------------------|-----------|------|
| 39506 | 8wk-3/29 | Sa | 11:15 am-12:05 pm | B Hanafin | \$23 |
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Spring Break Recreation Camp
A licensed recreation program for ages 6-12 during Spring Break. Held March 17-21 from 7 am-6pm. Fee is \$10 per day/ per child. Sign up for the dates you wish to attend. Snacks provided, but child must bring own lunch/beverage. Register directly at Edgemoor; special paperwork required. Maximum enrollment 32 on first come basis.

American Red Cross Babysitter's Training
Ages 11-15. Topics include first aid, preventing injuries and illnesses, care for choking, basic childcare, rescue breathing, entertaining children and how to interact with parents. Additional \$25 fee payable to American Red Cross.

| | | | | | |
|-------|----------|-------|-----------------|-----------|---------|
| 37851 | 1wk-3/18 | Tu/Th | 1:00 pm-4:30 pm | Red Cross | \$12.50 |
| 39807 | 2wk-4/26 | Sa | 1:00 pm-4:30 pm | Red Cross | \$12.50 |

Tae Kwon Do - Beginning
Learn the martial art that teaches physical agility, mental discipline and self control. V-neck uniform required. Ages 6+.

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|-------|------|-------|-----------------|---------|------|
| 39550 | 10wk | Tu/Th | 6:15 pm-8:15 pm | T Boyle | \$28 |
|-------|------|-------|-----------------|---------|------|

Tae Kwon Do - Intermediate
Green belts and above will learn advanced techniques. Ages 6+.

| | | | | | |
|-------|------|-------|-----------------|---------|------|
| 39551 | 10wk | Tu/Th | 7:15 pm-8:15 pm | T Boyle | \$28 |
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Youth Drawing Workshops (ages 8-15)
One-day workshops offered from 1-3:00 pm on Saturdays by instructor Kay Ferris. Fee is \$5/class. Registration cut-off is two days prior to class.

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|-------|------|---------------------------------|
| 39518 | 3/22 | Drawing Dinosaurs |
| 39510 | 3/29 | Cartoon Crazy |
| 39810 | 4/5 | Draw Horses, Ponies and Donkeys |
| 39811 | 4/12 | Draw a Castle and Its Keepers |
| 39519 | 4/26 | Drawing Fantasy Faces |
| 39511 | 5/3 | Cartooning Animals |
| 39535 | 5/10 | Mixed Media Mania |
| 39517 | 5/17 | Draw in 3-D |
| 39812 | 5/24 | Drawing Extinct Animals |

TOTS (AGES 3-5 UNLESS OTHERWISE NOTED)
Ballet & Tap for Tots
Introductory ballet positions/steps and basic tap steps.

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| 39531 | 9wk-3/26 | W | 5:45 pm-6:35 pm | Pam McCall | \$26 |
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Ballet, Tap & Jazz for Tots
Introductory ballet positions/steps, basic tap and jazz steps.

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|-------|----------|----|-------------------|-----------|------|
| 39533 | 8wk-4/1 | Tu | 10:15 am-11:05 am | B Hanafin | \$23 |
| 39806 | 8wk-3/29 | Sa | 10:15 am-11:05 am | B Hanafin | \$23 |

Fun and Fit Tots
Activities such as creative play, stories, puzzles, music and crafts combined with physical activities.

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| 39524 | 8wk-4/4 | F | 9:15 am-10:00 am | B Hanafin | \$23 |
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Gymnastics
Basic tumbling with apparatus work such as parallel bars, single bar and balance beam.

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| 39526 | 8wk-4/1 | Tu | 11:15 am-12:00 pm | B Hanafin | \$26 |
| 39525 | 8wk-4/4 | F | 10:15 am-11:00 am | B Hanafin | \$26 |
| 39754 | 8wk-3/29 | Sa | 9:15 am-10:00 am | B Hanafin | \$26 |

Music & More
Designed to introduce group music-making using musical instruments and participation in songs, dances & movement..

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|-------|---------|----|-------------------|-----------|------|
| 39808 | 8wk-4/1 | Tu | 9:15 am-10:00 am | B Hanafin | \$23 |
| 39809 | 8wk-4/4 | F | 11:15 am-12:00 pm | B Hanafin | \$23 |

Pee Wee Basketball
Ages 4-5 learn fundamentals of dribbling, passing & shooting.

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|-------|----------|---|-----------------|---------|------|
| 39536 | 5wk-3/28 | F | 5:30 pm-6:15 pm | S White | \$15 |
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Pee Wee Indoor Soccer
Ages 4-5 will receive instruction in basic skills and team play through modified games.

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| 39537 | 5wk-5/2 | F | 5:30 pm-6:15 pm | S White | \$15 |
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Preschool Playhouse
A theme-based curriculum using age-appropriate planned learning for pre-school development such as colors, shapes & numbers, painting, reading stories and dress up. Active indoor play designed to stimulate large and small muscle development. No class 5/26.

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|-------|-----------|-----|-------------------|----------|------|
| 39539 | 10wk-3/24 | M/W | 10:00 am-12:00 pm | J Wilson | \$50 |
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EVERGREEN • 303-8036

ADULT (AGES 16+)
Absolutely Abs
Exercises focusing on abdominal muscles with minor stretching.

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| 39125 | 10wk | Tu/Th | 5:30 pm-5:55 pm | E Lau | \$18 |
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Aerobics - Interval Step
Step aerobic cardiovascular conditioning alternating with toning and strengthening segments.

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| 38598 | 10wk | Tu/Th | 7:30 pm-8:20 pm | R Wessel | \$36 |
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Aerobics - Step, Floor & More (Spanish)
Step and floor aerobics with instructions in Spanish. Improve cardiovascular conditioning to a Latin beat.

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|-------|------|-------|-------------------|-------------|------|
| 38600 | 10wk | M | 10:00 am-10:50 am | M Rodrigues | \$18 |
| 38601 | 10wk | Tu | 10:00 am-10:50 am | M Rodrigues | \$18 |
| 38602 | 10wk | Tu/Th | 8:00 pm-8:50 pm | M Rodrigues | \$36 |

Cake Decorating
Learn how to prepare different frostings for cakes and make designs out of the various frostings.

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|-------|-----|----|-----------------|----------|------|
| 39139 | 8wk | Th | 6:00 pm-7:00 pm | H Graham | \$25 |
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EVERGREEN, CONT. • 303-8036

Calientecise
Easy to follow Latin dance moves, aerobics, walking, step, floor exercise, and intense muscle toning using hand held weights. Uses high energy Latin and American music.
38614 10wk M/W 5:50 pm-6:40 pm A Martinez \$36
38615 10wk Th 11:00 am-11:50 am A Martinez \$18

Capoeira/Kickboxing
Structured, no contact, cardio-fitness program based on Brazilian martial art. Focus on punches, kicks and blocks of Capoeira to build strength, endurance, flexibility and concentration.
38616 10wk Sa 11:00 am-11:50 am T Givens \$18
38618 10wk W 6:00 pm-7:00 pm T Givens \$18

Cardio/Tone Combos
Combinations of floor aerobics, step, kickboxing, circuit training, and body sculpting.
39145 10wk Tu/Th 6:30 pm-7:20 pm R Wessel \$36

Conversational Spanish I
Learn basic communication skills in Spanish.
38622 10wk Sa 10:00 am-11:30 am R Vargas \$30
39151 10wk Sa 10:30 am-12:00 pm R Vargas \$30

Conversational Spanish II
For the advanced student to improve basic conversational skills.
38623 10wk Sa 11:30 am-1:00 pm L Vargas \$30

Conversational Spanish III
The top learning level for students who have completed Conversational Spanish I & II.
39153 10wk Sa 12:00 pm-1:30 pm R Vargas \$30

Conversational Spanish (Advanced)
For students who have successfully completed Conversational Spanish I, II and III classes at this location.
39148 10wk Sa 9:00 am-10:30 am L Vargas \$30

Conversational American Sign Language
Beginning class will cover vocabulary, facial expressions, beginning grammar, and a brief discussion of local deaf issues and deaf culture. Also learn conversational skills that can be used with deaf and hard-of-hearing adults.
39147 10wk Tu 6:30 pm-8:00 pm K Enos \$35

EBA Men's Open Basketball League
Evergreen Basketball Association. Open to all men's teams and operates under college rules (with a few exceptions). Limited to 18 teams with rosters of 12 players. All games officiated.
39158 10wk Sa/Su 1:00 pm-10:00 pm STAFF \$240

EBA Wheelchair Basketball League
Evergreen Basketball Association. Championship shirts for players. Officials provided.
38627 5wk Sa 5:00 pm-7:00 pm L Dennis \$50

ESOL/English as a Second Language
Learn the form and verbal expression of the English language by learning the words, their pronunciation, and meaning, including the methods of combining them to be used in basic English conversation for communication.
39162 10wk M 6:00 pm-7:00 pm R Vargas \$20
39163 10wk M 7:10 pm-8:10 pm R Vargas \$20

Fitness for Seniors
Focus on stretching, strengthening and toning for ages 50+.
39165 10wk Tu 9:00 am-9:50 AM A Martinez \$18

Floral Design
Learn the basic elements of floral design and various arrange-

ments. Class also includes basket arranging, wreath design and wall decorating.
39166 8wk M 7:30 pm-8:20 pm H Graham \$30

Hips Legs & Thighs
Emphasis on popular routines to shape and firm lower body.
39175 10wk Tu/Th 6:30 pm-7:20 pm A Rolfe \$36

Interior by Design
Students learn different styles of decor focusing on simple ideas for elegant decor for your home, parties, receptions & others. Includes floral design and arrangements for special occasions.
38635 8wk F 7:00 pm-9:00 pm H Graham \$35
39750 8wk M 10:00 am-11:30 am H Graham \$35

Latin Dancing
Learn Salsa, Merengue, Cumbia (Colombiana), Mambo, Cha-cha, Bolero, Tango, Rumba, and others. Emphasis on rhythm and adapting different styles to different genres of music.
38640 10wk Sa 10:00 am-11:00 am R Montoya \$28
38641 10wk F 6:30 pm-7:30 pm R Montoya \$28

O.J. Watson Park
3055 S. Old Lawrence Road • 529-9940
Enjoy fishing, picnicking, walking and bird watching during the crisp winter days. Fisherman can look forward to fishing from the pedal boat dock for crappie (limit of 10 crappie over 10 inches in length). As a special interest for bird watchers, American Bald Eagles have been observed the past two winters in the park.
Watson Park will be open from 8 am-10 pm, April to Oct. 1. The train, ponies, pedal boats and miniature golf opens the first week of April. Staff is currently accepting shelter house rentals for the 2003 season. Call (316) 529-9940 for prices and availability or by e-mail at dwoydzia@wichita.gov.

Multi-Cultural Cooking
Learn basics of cooking, how to prepare American, Italian, Creole, Spanish & soul dishes, and tips for planning parties.
38646 8wk Tu 7:00 pm-8:00 pm H Graham \$35

Multi-Cultural Cooking II
Advanced cooking techniques in American, Italian, Creole, Soul and Spanish dishes. Pre-requisite: Multi-Cultural Cooking I.
39187 8wk Th 7:30 pm-8:45 pm H Graham \$35

Open Gym
Open M-F from 1:00-2:30 pm at a cost of \$2.00 per visit.

Sewing - Beginning
Learn the basics of sewing and how to read patterns to make clothing, drapes, and many other basic cloth sewing needs.
39190 8wk M 6:00 pm-7:30 pm H Graham \$40
39748 8wk W 10:30 am-12:00 pm H Graham \$40

Tae Kwon Do/Women's Self Defense
Course introduces women to basic and advanced self-defense, enabling them to protect themselves. Includes hand-to-hand contact, control techniques, pressure points, locks, kicks and punches to build self-confidence and promote physical fitness
39191 10wk Sa 10:00 am-11:30 am C Stegall \$28

Volleyball Coed Competitive - Individual
MUST be proficient in all volleyball skills, court strategy and played in at least two intermediate league sessions.
39752 10wk Th 8:00 pm-10:00 pm STAFF \$20

Volleyball Coed Competitive – Team
Fast moving & extremely competitive. Sign up as a team. PLEASE, NO BEGINNING PLAYERS.
38663 10wk Tu 6:00 pm-8:00 pm STAFF \$90

Volleyball Women's Competitive - Team
The ultimate competitive women's league. Enroll by team, six members each.
38666 10wk Th 6:00 pm-8:00 pm STAFF \$90
38667 10wk W 8:00 pm-10:00 pm STAFF \$90

Volleyball Men's Competitive - Team
Organized competitive team play. Must be proficient in all volleyball skills, as well as court strategy. Fast moving and extremely competitive. Sign up as a team.
38665 10wk Tu 8:00pm-10:00 pm STAFF \$90

Weight Training - Women
Introduction to the different equipment used in the weight room.
39198 10wk Sa 9:00 am-10:00 am E Lau \$20

Weight Training - Women II
Introduction to using free weight equipment.
38670 10wk Sa 10:00 am-11:00 am A Rolfe \$20

Weightlifting
Supervised weight room facility with free weights, heavy bag and various exercise machines for maintaining or improving muscle mass, strength and body toning. Open Monday-Friday from 9:00 am-8:00 pm. Fee is \$1 per visit.

Yoga for Beginners
Learn simple fundamentals and basic poses to increase circulation, for relaxation, reduce stress & tension and increase flexibility & strength.
38672 10wk F 6:30 pm-7:20 pm T Harmer \$18
38673 10wk F 7:30 pm-8:20 pm T Harmer \$18

YOUTH (AGES 6-12)
Arts & Crafts for Girls
A variety of arts & crafts projects designed for girls only.
38606 5wk Tu 4:00 pm-5:30 pm L Grimmatt \$20
38607 5wk F 4:00 pm-5:30 pm L Grimmatt \$20

Basketball Clinic - Middle/High School
Learn basketball fundamentals, rules, and offensive and defensive strategies along with drills to enhance skill development.
38610 5wk Sa 1:00 pm-2:00 pm L Dennis \$15

Basketball Clinic - Youth Beginner
Learn basketball fundamentals, rules and offensive/defensive strategies. Ages 6-10.
38611 5wk-3/22 Sa 12:00 pm-1:00 pm L Dennis \$15
39135 5wk-4/26 Sa 12:00 pm-1:00 pm L Dennis \$15

Breaking Ground
An open break dancing club featuring practice time and competitive dance tournaments for individuals and teams. Ages 10-17.
38613 10wk Tu/Th 8:30 pm-9:45 pm STAFF \$5

Cardio/Tone Combos - Youth
Floor aerobics, step, kickboxing, circuit training and yoga.
39146 10wk W 5:30 pm-6:15 pm T Givens \$20

Dance, Cheer & Stomp
Instructions on the basic fundamentals of cheering, recreational dance, stomp and step techniques to hip hop music.
38624 10wk W 6:00 pm-7:00 pm T Gorrell \$20

EBA - HS/MS Basketball League
Evergreen Basketball Association. Limited to 10 divisional teams

with 12 players. Designed and organized to give youth the opportunity for fun in a structured sports activity. All games have officials. High school games played on Tuesdays, middle school games on Wed.

| | | | | | |
|-------|-----|---|-----------------|-------|------|
| 39156 | 9wk | F | 4:30 pm-6:30 pm | STAFF | \$96 |
|-------|-----|---|-----------------|-------|------|

Evergreen Spring Things
Includes a variety of free weekly events. Seminars, Tournaments, Parties, Workshops, Fitness, Art, Clinics and more throughout Spring 2003. Call the Evergreen Hotline at 303-8036 for details. \$10 week/\$50 session

| | | | | | |
|-------|------|-----|-----------------|-------|------|
| 39164 | 10wk | M-F | 4:00 pm-5:30 pm | STAFF | \$50 |
|-------|------|-----|-----------------|-------|------|

Gameroom Fun
Come enjoy a variety of games while meeting new friends! A different theme each week. Prizes, tournaments and much more!

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|-------|------|----|-----------------|-------|------|
| 39168 | 10wk | Su | 5:00 PM-6:00 pm | STAFF | \$28 |
|-------|------|----|-----------------|-------|------|

Let's Rap About It
Designed to educate and make youth aware of the realities of life. Presenters share knowledge in areas of self image, personal growth, job applications, gang awareness, drugs/alcohol, health/hygiene, career paths, educational opportunities, peer pressures, diversity and more.

| | | | | | |
|-------|-----|---|-----------------|-------|-----|
| 38642 | 5wk | T | 7:30 pm-8:20 pm | STAFF | \$5 |
|-------|-----|---|-----------------|-------|-----|

Make a Pinata
Design and make your own piñata.

| | | | | | |
|-------|-----|----|-----------------|-----------|------|
| 38644 | 5wk | Tu | 6:30 pm-7:30 pm | R Montoya | \$20 |
|-------|-----|----|-----------------|-----------|------|

Make-it & Take-it
Create a different project each visit and take it home that day.

| | | | | | |
|-------|-----|----|-----------------|------------|------|
| 38645 | 5wk | Th | 6:30 pm-7:30 pm | L Grimmett | \$20 |
|-------|-----|----|-----------------|------------|------|

Soccer Clinic - Youth
Introductory training to introduce and familiarize students with the basic soccer fundamentals.

| | | | | | |
|-------|-----|----|-------------------|-------|------|
| 39648 | 5wk | Sa | 11:00 am-12:00 pm | STAFF | \$20 |
|-------|-----|----|-------------------|-------|------|

Yoga For Beginners - Youth
Designed for the new student. Learn fundamentals and basic poses to increase circulation, for relaxation, reduce stress and tension while increasing flexibility and strength.

| | | | | | |
|-------|-----|---|-----------------|----------|------|
| 39769 | 8wk | W | 6:00 pm-6:50 pm | T Harmer | \$20 |
|-------|-----|---|-----------------|----------|------|

TOTS (AGES 5-6)
Parent/Tot Play Time
Use our sports equipment to organize activities for your family. Parent supervision required.

| | | | | | |
|-------|-----|----|-----------------|-------|------|
| 38658 | 8wk | Sa | 9:00 am-9:50 am | STAFF | \$15 |
|-------|-----|----|-----------------|-------|------|

LINWOOD • 337-9191

ADULT (AGES 16+)
Aerobics - Step
Improve cardiovascular fitness using a step platform with a brief toning segment.

| | | | | | |
|-------|------|-------|-----------------|---------|------|
| 38886 | 10wk | Tu/Th | 6:00 pm-6:50 pm | V Baker | \$36 |
|-------|------|-------|-----------------|---------|------|

Conversational Spanish I
Learn basic communication skills in Spanish.

| | | | | | |
|-------|------|---|-----------------|-----------|------|
| 38892 | 10wk | W | 6:00 pm-8:00 pm | L Andrade | \$40 |
|-------|------|---|-----------------|-----------|------|

Conversational Spanish II
For the advanced student to improve conversational skills.

| | | | | | |
|-------|------|----|-----------------|-----------|------|
| 38893 | 10wk | Th | 6:00 pm-8:00 pm | L Andrade | \$40 |
|-------|------|----|-----------------|-----------|------|

Country Line Dance - Beginning
Learn the most popular dances, including the Tush Push, Twister, Hi-Tech, Watermelon Crawl and more!

| | | | | | |
|-------|------|---|-----------------|---------------|------|
| 38895 | 10wk | W | 6:30 pm-7:30 pm | M & G Calkins | \$28 |
|-------|------|---|-----------------|---------------|------|

Country Line Dance - Intermediate
Learn line dances to the newest music & new steps to favorites.

| | | | | | |
|-------|------|---|-----------------|---------------|------|
| 38896 | 10wk | W | 7:45 pm-8:45 pm | M & G Calkins | \$28 |
|-------|------|---|-----------------|---------------|------|

Country Dance - Turns
For couples who already know the dances but want to learn some new turns. 2 Step, Triple 2 Step, Night Club 2 Step, & East Coast Swing turns taught. Partner required; fee is per couple.

| | | | | | |
|-------|----------|----|-----------------|---------------|------|
| 39698 | 9wk-3/27 | Th | 7:00 pm-8:00 pm | L & S Schmidt | \$52 |
|-------|----------|----|-----------------|---------------|------|

Low Impact Aerobics
Warm-ups and easy to follow low-impact floor exercise.

| | | | | | |
|-------|------|-----|-----------------|------------|------|
| 38906 | 10wk | M/W | 6:00 am-6:50 am | J Lovelace | \$36 |
|-------|------|-----|-----------------|------------|------|

Middle Eastern Dance (Belly Dance) - Beginning
Have fun with this unique and creative dance form. Enroll in both beginning classes for \$56.

| | | | | | |
|-------|-----|---|-----------------|-----------|------|
| 38914 | 8wk | M | 6:00 pm-6:50 pm | S Shields | \$32 |
| 38913 | 8wk | W | 6:00 pm-6:50 pm | S Shields | \$32 |

Middle Eastern Dance (Belly Dance) - Intermediate
For dancers that have completed beginning class and want to learn more. Enroll in both intermediate classes for \$56.

| | | | | | |
|-------|-----|---|-----------------|-----------|------|
| 38909 | 8wk | M | 8:00 pm-8:50 pm | S Shields | \$32 |
| 38910 | 8wk | W | 8:00 pm-8:50 pm | S Shields | \$32 |

Middle Eastern Dance (Belly Dance) - Advanced
For those who have had an intermediate class and want to learn more about the dance form. Need instructor approval to enroll in class. Enroll in both advanced classes for \$56.

| | | | | | |
|-------|-----|---|-----------------|-----------|------|
| 38911 | 8wk | M | 7:00 pm-7:50 pm | S Shields | \$32 |
| 38912 | 8wk | W | 7:00 pm-7:50 pm | S Shields | \$32 |

Men's Basketball
Enjoy pick-up games of basketball or just shoot around. Open Monday & Friday from 1-2:30 pm & 2:30-4:00 pm. Fee is \$2 per visit.

Night Club 2 Step
A beginning level class for this popular new slow dance. Partner required; fee is per couple.

| | | | | | |
|-------|----------|----|-----------------|---------------|------|
| 38916 | 9wk-3/27 | Th | 8:00 pm-9:00 pm | L & S Schmidt | \$52 |
|-------|----------|----|-----------------|---------------|------|

Strength Training
Full-body workout using bands and weights to increase bone density, strength and flexibility.

| | | | | | |
|-------|------|-------|------------------|------------|------|
| 38923 | 10wk | Tu/Th | 9:30 am-10:30 am | J Lovelace | \$36 |
| 39701 | 10wk | W/F | 5:30 pm-6:20 pm | V Baker | \$36 |

Tae Kwon Do - Adult
Learn the Korean martial art that teaches agility, mental discipline and self-control.

| | | | | | |
|-------|------|-------|-----------------|----------|------|
| 38925 | 10wk | Tu/Th | 7:15 pm-8:15 pm | B McCune | \$28 |
|-------|------|-------|-----------------|----------|------|

Trim and Tone
Improve muscle definition and increase flexibility using hand-held weights and exercise bands. Stretches and repetitions performed to relieve lower back pain. No children allowed in class.

| | | | | | |
|-------|------|-------|-----------------|-----------|------|
| 38928 | 10wk | Tu/Th | 6:00 pm-6:50 pm | N Dannels | \$36 |
|-------|------|-------|-----------------|-----------|------|

Yoga for Beginners
Learn simple fundamentals and basic poses to increase circulation, for relaxation, reduce stress & tension and increase flexibility & strength.

| | | | | | |
|-------|------|-----|------------------|---------|------|
| 39699 | 10wk | M/W | 9:30 am-10:20 am | V Baker | \$36 |
|-------|------|-----|------------------|---------|------|

YOUTH (AGES 6-15 UNLESS OTHERWISE NOTED)
Tap & Jazz for Youth
Introductory ballet positions/steps and basic tap steps that incorporate jazz movements. Ages 8-15.

| | | | | | |
|-------|------|----|-----------------|----------|------|
| 38891 | 10wk | Th | 7:30 pm-8:20 pm | C McCall | \$28 |
|-------|------|----|-----------------|----------|------|

Home Schoolers Play Time Bonanza
Ages 6-12 have the gym and game room for entertaining recreational activities. Parent must accompany. Cost is per family.

| | | | | | |
|-------|----------|----|-----------------|-------|------|
| 39702 | 5wk-3/27 | Th | 1:00 pm-3:00 pm | STAFF | \$10 |
| 39703 | 5wk-5/1 | Th | 1:00 pm-3:00 pm | STAFF | \$10 |

Home Schoolers Teenage Play Time Bonanza
Teenage home school youth will have the opportunity to recreate in the gym and game room with other home schoolers. Adult supervision required. Cost is per family.

| | | | | | |
|-------|----------|---|-----------------|-------|------|
| 39704 | 5wk-3/26 | W | 1:00 pm-3:00 pm | STAFF | \$10 |
| 39705 | 5wk-4/30 | W | 1:00 pm-3:00 pm | STAFF | \$10 |

Indoor Soccer (Grades 3 - 5)
Clinics will be held in the gym on the following days with participants meeting according to the beginning of their last names: A-J (3/25 & 4/1) & K-Z (3/28 & 4/4). After the clinics, children will be assigned to a team.

| | | | | | |
|-------|----------|---------|-----------------|-------|------|
| 39707 | 9wk-3/25 | Tu/Th/F | 4:30 pm-5:30 pm | STAFF | \$15 |
|-------|----------|---------|-----------------|-------|------|

Indoor Soccer (Grades Kindergarten-2nd)
Clinics will be held in the gym on the following days with participants meeting according to the beginning of their last names: A-J (3/24 & 3/31) & K-Z (3/26 & 4/2). After the clinics, children will be assigned to a team.

| | | | | | |
|-------|----------|--------|-----------------|-------|------|
| 39706 | 9wk-3/24 | M/W/Th | 4:30 pm-5:30 pm | STAFF | \$15 |
|-------|----------|--------|-----------------|-------|------|

Spring Break Recreation Camp
A supervised day camp for children ages 6-12. \$10 per day/per child. Bring lunch and beverage, morning and afternoon snacks provided. Hours are 7 am - 6 pm. Maximum enrollment is 32, first come basis. Camp will be held March 17-21.

Tae Kwon Do - Youth
Youth ages 6-15 will develop self-confidence, self-discipline, self-awareness, and self-control in this martial arts program.

| | | | | | |
|-------|------|-----|-----------------|----------|------|
| 38926 | 10wk | M/W | 6:30 pm-7:30 pm | B McCune | \$28 |
|-------|------|-----|-----------------|----------|------|

TOTS (AGES 3-5 UNLESS OTHERWISE NOTED)
Arts for Tots
This tots class is all about playing, interacting, creating and having fun with art media.

| | | | | | |
|-------|------|----|------------------|------------------|------|
| 39700 | 10wk | Th | 9:30 am-10:30 am | V Fulton-Plaster | \$20 |
|-------|------|----|------------------|------------------|------|

Ballet & Tap for Tots
Introductory ballet positions/steps and basic tap steps.

| | | | | | |
|-------|------|----|-----------------|----------|------|
| 38889 | 10wk | Th | 5:30 pm-6:20 pm | C McCall | \$28 |
|-------|------|----|-----------------|----------|------|

PEPSI

proudly

s p o n s o r s

The Wichita Department of Park and Recreation.

PEPSI

LINWOOD, CONT. • 337-9191

Ballet & Tap for Tots (Level II)
A more progressive rate of instruction in ballet & tap skills than Level I class. Prior dance experience necessary or instructor approval. Ages 4–8.

| | | | | | |
|-------|-------|----|-----------------|----------|------|
| 38890 | 10 wk | Th | 6:30 pm-7:20 pm | C McCall | \$28 |
|-------|-------|----|-----------------|----------|------|

Fun and Fit Tots
Activities such as creative play, stories, puzzles, music and crafts combined with physical activities. Both classes for \$36.

| | | | | | |
|-------|------|---|------------------|------------|------|
| 38897 | 10wk | M | 9:30 am-11:30 am | J Lovelace | \$20 |
| 38898 | 10wk | W | 9:30 am-11:30 am | J Lovelace | \$20 |

Gymnastics
Basic tumbling with apparatus work such as parallel bars, single bar and balance beam.

| | | | | | |
|-------|------|---|------------------|------------|------|
| 38904 | 10wk | F | 9:30 am-10:15 am | J Lovelace | \$32 |
|-------|------|---|------------------|------------|------|

Music & Movement for Tots
Creative approach to music using motion, movement and fun.

| | | | | | |
|-------|------|---|-------------------|------------|-----|
| 38915 | 10wk | F | 10:30 am-11:15 am | J Lovelace | \$2 |
|-------|------|---|-------------------|------------|-----|

LYNETTE WOODARD • 303-8015

ADULT (AGES 16+)
Weight Training - Women
Introduction to the different equipment used in the weight room.

| | | | | | |
|-------|-----|----|-----------------|----------|------|
| 38753 | 8wk | Sa | 2:30 pm-3:30 pm | M Goines | \$20 |
|-------|-----|----|-----------------|----------|------|

Weightlifting
Supervised weight room facility with free weights, heavy bag and various exercise machines for maintaining or improving muscle mass, strength and body toning. Fee is per visit.

| | | | | | |
|-------|------|-----|-----------------|----------|-----|
| 38754 | 10wk | M-F | 1:00 pm-7:00 pm | M Goines | \$1 |
|-------|------|-----|-----------------|----------|-----|

YOUTH (AGES VARY PER ACTIVITY)
Homework Club & Individualized Tutoring
Elementary and middle school students can find help with school work and support for learning at the Village School's homework club. Bring your books and your school assignments and let our tutors help. Pre-registration required.

| | | | | | |
|-------|------|-------|-----------------|-----------|-----|
| 39241 | 10wk | Tu/Th | 5:00 pm-6:30 pm | B Grayson | \$0 |
|-------|------|-------|-----------------|-----------|-----|

Village Drill Team
Youth ages 6-18 boogie to the drum beat by joining the Village Drill Team.

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|-------|------|----|-----------------|-----------|-----|
| 39249 | 10wk | Sa | 2:00 pm-4:00 pm | D Earsery | \$0 |
|-------|------|----|-----------------|-----------|-----|

MCADAMS • 337-9222

Come experience McAdams’ new, state-of-the-art, NBA status, maple hardwood floors, adjustable glass backboards, and Olympic volleyball standards.

ADULT (AGES 16+)
Aerobics
Low-impact cardiovascular fitness program, including muscle conditioning & stretching.

| | | | | | |
|-------|------|-----|-----------------|----------|------|
| 38842 | 10wk | M/W | 5:30 pm-6:20 pm | N Nguyen | \$36 |
|-------|------|-----|-----------------|----------|------|

Aerobics-Low Impact
Warm ups and easy to follow, low-impact floor exercises.

| | | | | | |
|-------|------|-----|-----------------|----------|------|
| 38843 | 10wk | M/W | 6:30 pm-7:20 pm | N Nguyen | \$36 |
|-------|------|-----|-----------------|----------|------|

Basketball (Co-Ed)
Men and women can enjoy pick-up games of basketball. Fee is per visit.

| | | | | | |
|-------|------|-------|------------------|-------|--------|
| 38857 | 10wk | Th | 11:30 am-1:00 pm | STAFF | \$1.50 |
| 38860 | 10wk | M/W/F | 2:00 pm-4:00 pm | STAFF | \$2 |
| 38846 | 10wk | M | 6:00 pm-8:00 pm | STAFF | \$2 |

Basketball – Men’s 3 on 3
Competitive league is self-officiated but court monitors are provided. Tournament held at the end of the season. Register by team (five players per team) or individually. Team Captains meeting Saturday March 15 at 2:30 pm

| | | | | | |
|-------|------|----|-----------------|-----------|------|
| 39226 | 10wk | Sa | 4:00 pm-6:00 pm | B Grayson | \$25 |
|-------|------|----|-----------------|-----------|------|

Basketball – Men’s 5 on 5
Recreational non-competitive league play using college rules. Self-officiated, but court monitors are provided. Team Captains’ meeting at 3:30 pm Saturday, March 15.

| | | | | | |
|-------|-----|----|-----------------|-----------|------|
| 39227 | 9wk | Su | 1:00 pm-3:30 pm | B Grayson | \$25 |
|-------|-----|----|-----------------|-----------|------|

Basketball - Women’s 4 on 4
Recreational non-competitive play. Court monitors are provided. Team Captains’ meeting at 1:30 pm Saturday March 15.

| | | | | | |
|-------|------|----|-----------------|-----------|------|
| 38847 | 10wk | Su | 1:00 pm-3:00 pm | B Grayson | \$25 |
|-------|------|----|-----------------|-----------|------|

Fitness for 50+
Strengthening & stretching with considerations for ages 50+.

| | | | | | |
|-------|------|---|-------------------|----------|------|
| 39214 | 10wk | W | 10:00 am-10:50 am | N Nguyen | \$36 |
|-------|------|---|-------------------|----------|------|

Fitness for Baby Boomers
Cardiovascular walking, stretching & toning fitness class.

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|-------|------|-------|-----------------|----------|------|
| 39215 | 10wk | Tu/Th | 7:00 pm-7:50 pm | N Nguyen | \$36 |
|-------|------|-------|-----------------|----------|------|

Volleyball Recreational (Coed)
Recreational level of play, self-officiated. Basic knowledge required.

| | | | | | |
|-------|------|----|-----------------|-------|------|
| 38869 | 10wk | Tu | 6:00 pm-8:00 PM | STAFF | \$20 |
|-------|------|----|-----------------|-------|------|

Ralph Wulz
Tennis Center
555 Nims
337-9257

Enjoy year round play on our premier, lighted outdoor tennis courts. Spring hours starting March 3 are: 9 am-8 pm, Monday-Friday, 9 am-5 pm Saturday and 1-5 pm Sunday. For information concerning league play or lessons, contact Jack Oxler.

YOUTH (AGES VARY BY ACTIVITY)
Basketball Clinic
A coed skills clinic stressing skill development, footwork, technique & drills. Class # 39207 is for grades 3rd-6th and #39208 is for 7th-9th.

| | | | | | |
|-------|------|---|-----------------|-----------|------|
| 39207 | 10wk | W | 6:00 pm-6:50 pm | C Doughty | \$25 |
| 39208 | 10wk | W | 7:00 pm-7:50 pm | C Doughty | \$25 |

Home Schoolers Play Time Bonanza
Ages 6-12 have the gym and game room for entertaining recreational activities. Parent must accompany child. Cost per family

| | | | | | |
|-------|------|---|-----------------|-------|------|
| 38854 | 10wk | M | 1:00 pm-3:00 pm | STAFF | \$20 |
|-------|------|---|-----------------|-------|------|

TOTS (AGES 3-5)
Me & My Shadow
Children may bring their toys and run, scream, jump and meet new friends while you visit with other parents in the class.

| | | | | | |
|-------|------|----|-------------------|-------|------|
| 38858 | 10wk | Th | 10:00 am-11:30 am | STAFF | \$15 |
|-------|------|----|-------------------|-------|------|

ORCHARD • 941-0663

ADULT (AGES 16+)
Beginning Clogging
Beginning clogging; learn the basics. Class meets at the Kiwanis Shelter Building 5101 W. 2nd. Register at Orchard Recreation Center. Participants must provide their own clogging shoes.

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|-------|------|---|-----------------|----------|------|
| 39400 | 10wk | M | 6:00 pm-7:00 pm | J Dawley | \$28 |
|-------|------|---|-----------------|----------|------|

Performance Clogging
Advanced clogging performing shows. Register at Orchard Rec. Center. Participants must provide own clogging shoes.

| | | | | | |
|-------|------|---|-----------------|----------|------|
| 39399 | 11wk | M | 7:30 pm-9:00 pm | J Dawley | \$54 |
|-------|------|---|-----------------|----------|------|

Aerobics - Step & Tone
Cardiovascular conditioning and toning with the use of a step platform, handheld weights and exercise bands.

| | | | | | |
|-------|------|-----|-----------------|-----------|------|
| 38500 | 10wk | M/W | 6:30 pm-7:20 pm | J Tindall | \$36 |
|-------|------|-----|-----------------|-----------|------|

Body Sculpting
Tone and tighten all muscle groups to improve muscle definition and increase flexibility. Incorporates hand-held weights, exercise bands and/or step platforms.

| | | | | | |
|-------|------|-------|-----------------|---------|------|
| 38510 | 10wk | Tu/Th | 6:30 pm-7:20 pm | K Green | \$36 |
|-------|------|-------|-----------------|---------|------|

Cardio Plus
A personalized cardiovascular/weight training plan designed by our fitness instructor using cardio machines and dumbbell weights. Additional fitness hours available to class participants.

| | | | | | |
|-------|------|-------|-----------------|-----------|------|
| 38511 | 10wk | Tu/Th | 6:00 pm-7:00 pm | R Coleman | \$65 |
| 39264 | 10wk | M/W | 1:30 pm-2:30 pm | Staff | \$65 |

Digital Camera Workshop
Learn the digital process, how to load images into a computer and print. Ages 10+.

| | | | | | |
|-------|---------|----|-----------------|-------|------|
| 39271 | 2wk-4/3 | Th | 6:30 pm-8:00 pm | STAFF | \$12 |
|-------|---------|----|-----------------|-------|------|

Fishing Seminar with Bill Scheffler
Using the “Success Formula” this seminar will focus on knowing when fish are active to help take the guesswork out of fishing. Videos will demonstrate that the right elements combined with moon phases and peaks are a powerful method.

| | | | | | |
|-------|----------|----|-----------------|-------------|------|
| 39398 | 1wk-3/27 | Th | 6:30 pm-9:00 pm | B Scheffler | \$10 |
|-------|----------|----|-----------------|-------------|------|

Fitness Center Memberships
Our fitness center is small, but has top-of-the-line cardio equipment and nautilus/free weights. Orientation with a Staff member required. Pay \$25 for a 10-week membership or drop-in using a punch card. Seniors membership fee is \$15. Hours are M/W/F from 9:00 am-7:30 pm and Tu/Th from 9:00 am-6:00 pm. Closed from noon-1 pm.

Hatha Yoga
Learn basic stretching, breathing & relaxation techniques to improve health and posture. Personal floor mats encouraged.

| | | | | | |
|-------|------|----|-----------------|----------|------|
| 39281 | 10wk | M | 11:30am-12:45pm | D Duetch | \$25 |
| 39283 | 10wk | Th | 4:45 pm-6:00 pm | D Duetch | \$25 |

Pilates - Beginning
Designed to strengthen your powerhouse using Eastern and Western philosophies. Improve strength and flexibility, increase body awareness and improve posture/ body alignment.

| | | | | | |
|-------|----------|-------|-----------------|---------|------|
| 38507 | 5wk-3/27 | Tu/Th | 7:25 pm-8:15 pm | K Jones | \$36 |
|-------|----------|-------|-----------------|---------|------|

Relaxercise - Awareness Through Movement
Slow, gentle exercises that improve brain functioning, increased flexibility and ease in movement.

| | | | | | |
|-------|-----|---|-----------------|-----------|------|
| 38545 | 6wk | M | 6:30 pm-7:20 pm | C Sherman | \$15 |
|-------|-----|---|-----------------|-----------|------|

Turbo Kick
Strengthen, tone and define upper/lower abs, obliques, glutes, legs and arms through a series of intense and fun kickboxing combinations, squats and punches.

| | | | | | |
|-------|------|------|------------------|--------|------|
| 39301 | 10wk | T/Th | 5:30 pm- 6:20 pm | A Sage | \$36 |
|-------|------|------|------------------|--------|------|

Country Line Dance - Beginning
Learn the most popular dances - the Tush Push, Twister, Hi-Tech, Watermelon Crawl and more!

| | | | | | |
|-------|------|----|-----------------|-----------|------|
| 38520 | 10wk | Th | 6:45 pm-7:45 pm | M Calkins | \$28 |
|-------|------|----|-----------------|-----------|------|

YOUTH (AGES 6-15 UNLESS OTHERWISE NOTED)

Ballet, Tap & Jazz

Introductory ballet positions/steps and basic tap steps that incorporate jazz movements.
38506 8wk-4/1 Tu 5:30 pm -6:20 pm B Hanafin \$23

Golf

Learn proper swing techniques, grip and work on basics with irons and driver. #39649 is for ages 8-11 and #39650 is for ages 12-15. Register at Orchard, classes held at All-Star Sports East. An additional \$3 ball charge per class payable to All-Star Sports.
39649 5wk-4/19 Sa 10:00 am-11:00 am C Ornelas \$15
39650 5wk-4/19 Sa 11:00 am-12:00 pm C Ornelas \$15

Beginning Cartooning & Caricatures

Learn the basics of how to draw cartoons and caricatures.
39260 8wk-3/24 M 4:30 pm-5:30 pm STAFF \$23

Watercolor - Beginner

Basic techniques of watercolor for all skill levels.
39302 5wk-3/28 F 4:30 pm-5:30 pm J Wood \$14

Caricature Workshop

Learn how to draw caricatures using watercolors and pencil.
39265 1wk-4/19 Sa 10:30 am-12:30 pm J Wood \$10
39266 1wk-5/3 Sa 10:30 am-12:30 pm J Wood \$10

Portrait Drawing - Beginning

Intro to portrait drawing using pencils.
39291 5wk-3/26 W 4:30 pm-5:30 pm J Wood \$14

You Can Really Draw

Work with texture, color, highlights & shading to create portraits, cartoons, still life and nature.
39303 5wk Sa 9:30 am-10:30 am M Lark-Corbett \$14

TOTS (AGES 3-5 UNLESS OTHERWISE NOTED)

Crafty Kids

Make and take home a project each week.
38522 8wk-3/31 M 11:15 am-12:00 PM B Hanafin \$23

Start Smart Sports (ages 3-6)

Start Smart prepares children for sports without threat of competition or fear of getting hurt. Parents work with their children in a supportive environment to learn all of the basic skills. Two fees are required: \$20 to Park Department and \$5 to Start Smart for parent's workbook. Registration deadline is March 31. Parent orientation held on March 31 and April 5.
39299 6wk-4/12 Sa 2:30 pm-3:20 pm B Hanafin \$20
39300 6wk-4/7 M 5:30 pm-6:20 pm B Hanafin \$20

Ballet, Tap & Jazz

Introductory ballet positions/steps, basic tap and jazz steps.
38503 8wk-4/3 Th 10:30 am-11:20 am B Hanafin \$23
38504 8wk-3/29 Sa 1:15 pm-2:05 pm B Hanafin \$23
38505 8wk-3/31 M 9:15 pm-10:05 pm B Hanafin \$23

Gymnastics (ages 3-5)

Basic tumbling with apparatus work such as parallel bars, single bar and balance beam.
38528 8wk-4/3 Th 9:30 am-10:15 am B Hanafin \$26
39278 8wk-3/31 M 10:15 am-11:00 am B Hanafin \$26

OSAGE • 941-0611

ADULT (AGES 16+)

Aerobics-Low Impact

Warm ups and easy to follow, low-impact floor exercises.
38930 10wk Tu/F 9:30 am-10:20 am STAFF \$36

Yoga

Learn physical postures, controlled breathing and mental focus.
38971 10wk M 6:30 pm-7:40 pm STAFF \$25

38972 10wk Th 6:30 pm-7:40 pm STAFF \$25
Open Gym

Open play for adults on Thursdays from 1:30-3:00 pm. Fee is \$2 per visit.

Volleyball Intermediate (Coed)

Organized/competitive play. Players should be able to legally bump, set and spike the ball. Games are self-officiated.
38963 10wk Tu 1:15 pm-3:15 pm STAFF \$20
38964 10wk W 1:15 pm-3:15 pm STAFF \$20

Volleyball Intermediate (Women's)

Organized/competitive play for women only. Players should be able to bump, set and spike the ball. Games are self-officiated.
38965 10wk Tu 1:15 pm-3:15 pm STAFF \$20
38966 10wk W 7:00 pm-9:00 pm STAFF \$20

Volleyball Women's Intermediate - Team

Team play for the more skilled players. Sign up as a team.
38967 10wk F 1:15 pm-3:15 pm STAFF \$90

Walk Club

Participants can walk in the gym and hallways on Tu/Th from 9-11:00 am. No charge.

YOUTH (6-15 UNLESS OTHERWISE NOTED)

Spring Break Recreation Camp

This supervised day camp is for children ages 6-12. Sign up for the days you wish to attend, \$10 per day per child. Bring lunch and beverage, morning and afternoon snacks provided. Hours are 7 am - 6 pm. Maximum enrollment is 32, first come basis. Camp will be held March 17-21.

YOUTH ATHLETICS
YOUTH BASEBALL AND SOFTBALL (AGES 5-18)

Sign up for summer Baseball and Softball starting March 10. All kids wanting to play will be placed on a team. League begins the last week of May. Register by phone at 268-4361 or walk-in to register at City Hall, 455 N. Main, 11th floor. Coaches are needed. All coaches will be required to take a Coaches Certification Clinic to be eligible to coach. For more information contact Jerry Himebaugh at 268-4361.

Volleyball Basics (youth)

Learn basic rules & fundamentals of passing, setting, spiking & serving. Ages 9 to 13
38962 8wk F 4:15 pm-5:15 m N Humphrey \$15

TOTS (AGES 4-5)

Pee Wee Indoor Soccer

Instruction in basic skills and team play through modified games. Ages 4-5.
38947 5wk W 5:30 pm-6:15 pm H Pasewark \$15

CITYARTS • 337-9040

CITYARTS has adopted a modified calendar of session dates for 2003, changing from four 10-week sessions to three 12-week sessions. In effect, we have combined the winter and spring into one 12-week offering and lengthened summer & fall sessions to 12 weeks. Call CITYARTS for information about other classes and workshops that may be enrolling at other than normal session dates.
CITYARTS Summer brochure available 3/31/03
CityArts begins summer enrollments 4/7/03

ADULT (AGES 16+)

Basic Beaded Jewelry

Learn basic beading techniques to inspire creativity in jewelry making. Instructor fee \$25. Ages 18+.
37698 1wk-3/8 Sa 9:30am-12:00pm G Pracht \$6

Basic Photography Class

Understand your camera, composition, basic black/white print-

ing. Weekly assignments. Ages 16+.
36805 6wk-3/10 M 7:00 pm-9:00 pm B Duram \$36

Introduction to Computers-Beginners

This course will seek to give functional literacy to new computer users. Touching on operation, common software usage, care of the computer, history and fun. Ages 16+.
37451 6wk-3/10 M 7:00 pm-9:00 pm K Dawson \$51

Draw Mammals

Learn to draw a variety of animals like horses, dogs, cats, etc. Instructor fee \$9. Ages 14+.
37104 1wk-4/16 W 6:30 pm-8:30 pm K Ferris \$5

Introduction to Troweled-On Wall Texture

Learn simple Troweled-on methods of popular wall effects with easy-to-use water-based dimensional materials. Samples include Luster Sheen, a rich metallic finish that glistens and reflects the light and Old World Store, imitating an aged European villa finish. Instructor fee \$35. Ages 16+.
37054 2wk-3/27 Th 7:00 pm-9:30 pm D Drager \$15

YOUTH (AGES VARY PER ACTIVITY)

Arty Party

Throw your child a Birthday Party at CITYARTS. Saturdays 9:30-11:00 am or 10:30 am-12:00 pm only. Reservations must be made two weeks prior to the event.

Spring Break Art Camp "Moody Weather"

Kansas changing weather is the inspiration for "Arty" experiments and expressions. Bring your lunch. Pre-registration is required. Max 45 students. Registration closes March 13. Ages 6-14.
36300 1wk-3/18 Tu 9:00 am-4:00 pm R Spriggs \$20

Summer Camps

Seventeen choices, 2, 3, or 5 day Art Adventures. Available 6/4-8/15. A schedule of themes and dates is available at CITYARTS or visit www.cityartswichita.com.

Youth Drawing Workshops

One-day workshops for ages 8-15 offered from 6-7:00 pm on Wednesdays by instructor Kay Ferris. Fee is \$5/class. Registration cut-off is two days prior to class.
35208 4/23 Cartoon Crazy
37068 4/30 Draw Dinosaurs
37056 5/7 Draw Fantasy Plants & Animals
37062 5/14 Draw Rain Forrest Animals

FREE YOUTH PROGRAMS

Art Club I

An after school program for Elementary School students on Mondays from 4-5:30 pm. Projects vary, but are always free and fun. Come when you can.

Art Club II

An after school program for Middle School students on Wednesdays from 3:30-5:30 pm. Call for a list of special projects. If you bring a group, please call in advance.

Parents As Teachers

This group meets at CITYARTS once a week for parent and tots (ages3-5) classes. Call for more information.

Credits
Publisher: Lou Heldman, lheldman@wichitaeagle.com
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Advertising Publications Editor: Elizabeth Bower
Design: Tim Epperson; Sales: Jane Kjelland
Cover : Greteman Group
If you or your organization would like more information about a publication like this, please call Jane Kjelland at 268-6239.

CLASS ENROLLMENT INFORMATION

Registration begins Thursday, March 6 and continues until programs are either filled or cancelled. Full payment must accompany all registrations. Contact the individual center for hours of registration.

- ☐ Mail in the attached form and payment to the facility you will be attending
- ☐ Phone in using Visa or Mastercard credit card.
- ☐ Walk in payment to any of the Dept. of Park and Recreation facilities

We accept cash, checks, Visa, and/or MasterCard credit cards. **We can no longer accept check cards and/or debit cards.**

REGISTRATION CONFIRMATIONS ARE NOT SENT

Please keep a record of dates and times of classes in which you enroll. Notification will be given only if a class has been filled prior to registration.

REFUND POLICY: If a program is cancelled by the Department, a full refund will be issued. Please allow 4-6 weeks to receive a refund. All requests for **refunds** must be submitted in writing on forms provided by the Dept. of Park and Recreation. The following refund policy will be strictly adhered to:

- Within 48 hours of 1st class 80% Refund
- Within 48 hours after 2nd class 50% Refund
- Three days or more after 2nd class No Refund

Disclaimer: The City of Wichita prohibits discrimination on the basis of race, ethnicity, national origin, sex, religion, age, sexual orientation, or disability in its services, programs and activities. Anyone who believes he or she has been discriminated against may file a complaint with the City of Wichita Equal Affirmative Action Administrator in the Personnel Division at 268-4531. The City of Wichita does not carry accident insurance to cover participants. Involvement in any activity is done at the participant's own risk.

SPRING REGISTRATION FORM
WICHITA DEPARTMENT OF PARK & RECREATION

Return completed form with fee to the center where the class is being held.

☐ Please check here if your address has changed within the last 12 months.

Office Use Only

CA CK MC VS

Date Received:

Parent/Guardian Names (if enrolling a child):

Street: City: Zip

Home Phone: Work Phone: Work Contact

Visa Mastercard

Exp. Date: Name as appears on

card:

| Bar Code | Location | Class Name | Day | Time | Participant Name | Birth Date | Fee |
|----------|----------|------------|-----|------|------------------|------------|-----|
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OPTIONAL INFORMATION:

We would appreciate your sharing the following information with us at the time of your registration. This information will assist us in tracking populations served by the Wichita Park & Recreation Department allowing us to better serve the needs of the neighborhood recreation centers. This information is optional and will remain entirely confidential.

FAMILY: Circle the category that best describes your gross yearly family income:

- Below 15,000
- 15,000-35,000
- 35,001-50,000
- Above 50,000

PARTICIPANT: Circle the category that best describes the participant's ethnic origin:

- African American
- Native American
- Asian
- Caucasian
- Hispanic
- Other

ICE SPORTS WICHITA proudly sponsors the
Wichita Department of Park and Recreation

LEARN TO SKATE CLASSES

Using the U.S.F.S.A Basic Skills Program, Canlan Skating Academy teaches the elements of skating from tots, children, adults and beginner through advanced levels of skating and hockey skills.

Lessons are 30 minutes each.

Classes are held Tuesday evenings between 6-7 p.m. or Saturday mornings between 10:15-11:45 am. Registration fee of \$65 includes 8 half hour group lessons; rental skates, if needed; punch card for 1/2 off 8 public skate session admissions; USFSA Basic Skills record book and stickers; Basic Skills patch for each level passed and official Basic skills Member patch.



PUBLIC SKATING

Whether it's for fun, fitness or a group activity, Public Skating gives everyone a chance to hit the ice. Special Group Discounts are available when you book in advance and it's a great way to stay in shape.

BIRTHDAY PARTIES

For a unique and interactive party, book it with us. We'll provide the fun and clean up the mess. All-inclusive packages include Skating for 10 children and 2 adults, soft drinks, treat bags, a gift for the birthday person and more. Two packages to choose from starting at \$95. Book your special day with us!

HOCKEY PROGRAMS

Want to play? We have hockey for all ages from beginner to advanced, leagues or casual. Home of the ASHL, North America's largest Adult Hockey League, we also offer Hockey Basics for Youths and Adults through the Canlan Hockey Academy.

CAMP CANLAN — SUMMER CAMPS

Our week-long Multi Sport daycamps introduce children of all ages and skill levels to new games, fitness and team-building. Week 1 is June 23-28; Week 2 is July 14-18 and Week 3 is August 4-8. Each camp will include several activities, both on and off the ice, each day designed to keep your kids motivated and active. Register early as space is limited!

FEEL LIKE FOOD? CHECK OUT THE HUNGRY PENGUIN GRILL, UPSTAIRS WITH A GREAT VIEW OF BOTH RINKS!

PUBLIC SKATING SCHEDULE

- Monday – None
- Tuesday: 11:30-1 p.m. & 7-8:30 p.m. (Cheap skate Tuesday, Admission only \$4)
- Wednesday: 11:30 a.m.- 2 p.m. & 6:15-8:30 p.m.
- Thursday: 11:30 a.m.-2 p.m.
- Friday: 6:15-10:30 p.m.
- Saturday: Noon-3 p.m. & 7-10:30 p.m.
- Sunday: 1-4:15 p.m.

Admission - \$6
Skate Rental - \$2

www.icesports.com

DEPARTMENT OF PARK & RECREATION
RECREATION LOCATIONS

ALEY/STANLEY
1749 S. MARTINSON
SENECA & HARRY
303-8002

BOSTON
6655 E. ZIMMERLY
WOODLAWN & HARRY
688-9301

COLVIN
2820 S. ROOSEVELT
ROSS PKWY & HILLSIDE
303-8023

EDGEWOOD
5815 E. 9TH ST.
9TH ST. & EDGEWOOD
688-9392

EVERGREEN
2700 N. WOODLAND
25TH ST. & ARKANSAS
303-8036

LINWOOD
1901 S. KANSAS
MT. VERNON & HYDRAULIC
337-9191

LYNETTE WOODARD
2750 E. 18TH ST.
17TH ST. & HILLSIDE

McADAMS
1329 E. 16TH ST.
13TH ST. & OHIO
337-9222

ORCHARD
4808 W. 9TH ST.
9TH ST. & WEST ST.
941-0663

OSAGE
2121 W. 31ST ST. S.
31ST ST. & MERIDIAN
941-0611

CITYARTS
225 W. LEWIS
337-9040

ATHLETIC OFFICE
455 N. MAIN (67202)
268-4361